



Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke

Services Offered

Arts & Crafts
Cultural Programs
Education
Exercise
Health Services
Information
& Referral
Lunch Program
Recreation
Socialization
Transportation
Travel
Volunteer
Opportunities



Holiday Boutique and Buffet



Please invite family and friends to visit and shop at our annual **Holiday Boutique** on **Friday, December 1** from **10:00-3:00**. This year we have thirteen artists selling handmade crafts in addition to the Heritage Center's craft table. Come purchase a unique holiday or birthday gift from one of our vendors. *This boutique is only held once a year and is open to the public.*



The **Holiday Buffet** is at **11:00-1:00** on **Friday, December 1**. The buffet is for individuals 55+. Registration for this event began on Friday, November 3. The cost is **\$8** which includes entertainment at 11:00 by The New Fiddlers and the buffet lunch will start at noon. Up to 8 tickets (a table) may be purchased by an individual.

Handmade items are currently being requested for the Heritage Center's boutique table (new items, please; donate anytime). All proceeds from this table will benefit the Heritage Center's fundraising efforts.

Bingo Notes

There will be no bingo on Friday, December 1 due to the Holiday Boutique.

Shirley Rehling has donated a beautiful festive afghan for a special raffle benefitting the Bingo program. Tickets are \$1 each or 6 for \$5 and can be purchased at the front desk. We will give the afghan away during bingo on **Friday, December 8**.

Quilt Raffle

We have all been admiring the pieced quilt on the stage the last few months. It is hand quilted by a group of volunteers from IMC Hospital that meet here at the Heritage Center on Mondays to quilt.

The raffle ticket will be chosen on **Friday, December 22**. Buy your ticket(s) now. The cost is \$1 per ticket or \$5 for six tickets. Need not be present to win (although it is more fun if you are)!

Ugly Sweater Contest

Please join us on **Friday, December 22** at **12:30** when we will have an ugly Christmas sweater contest. The wearer of the ugliest sweater will win a prize!



Staff Information

Murray City Administration

Interim Mayor: Blair Camp
Public Services Director: Doug Hill
City Council:

Dave Nicponski, District #1
Pam Cotter, Interim District #2
Jim Brass, District #3
Diane Turner, District #4
Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke
Program Coordinators — Maureen
Gallagher and Wayne Oberg
Secretary — April Callaway
Receptionist — Miranda Carter
Ceramics — Cindy Mangone
Meals Supervisor — Scott Harris
Meals Assistant — Chris Miller
Dishwasher — Annie Gardner
Custodian — Don Smith
Vehicle Volunteer Drivers —
Jerry Budd, Chuck Dillard, and Tom
Thompson
Building Attendant — Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,
Brenda Clausen, Connie Gardner,
Donna Gaydon, Ed Houston, Jenny
Martin, Pete Wright, Rod Young



Pick up your 20% senior discount punch card (60+) at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Inspiring Donations**, but only **IF** you link your rewards card to us. *Instruction sheets are available at the front desk.*

Miscellaneous Information

Our monthly **newsletter** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee (covers printing and postage costs). Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Heritage Center accepts **all major credit cards** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable senior adults access to Heritage Center programs, activities, and meals, regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The year scholarship provides up to **\$70 per month** to an individual to help pay for Center activities. The program is made possible by participant donations and fundraising activities. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.

Winter Fundraiser: KidsEat!

The Heritage Center is asking our seniors to participate in a Food Gifting fundraiser for KidsEat! Beginning in October, there will be a barrel or bin at the Center where everyone can help by donating what you can from the selected list of foods they need (list is available at the front desk and posted by the barrel/bin).

We are happy to say we did this Food Gifting last year and our members went above and beyond the call in helping KidsEat! by providing bin after bin of much-needed food.

Thank you so much for caring about our neighborhood children and helping to support the KidsEat! cause.

To learn more about KidsEat! visit their website at www.kidseatutah.org.



Ukrainian Egg Tree Decorations

On **Tuesday, December 5 at 10:30**, Diana Michalicek will teach a class on making Ukrainian Egg tree decorations. You will learn step-by-step how to create a delightful Christmas tree decoration to hang on your tree or display in your house. The Heritage Center will provide all supplies. Class is limited to 6. **This is a free class. Register now.**



Volunteer of the Month



The Heritage Center is pleased to introduce you to **Lisa Shadrack**, our December volunteer. Lisa was born in Salt Lake City in 1958 making her one of our younger volunteers. She has picked up the torch of service. Lisa is fun, energetic, and always willing to volunteer for any type of exercise program we need help with. Lisa

worked at LDS hospital for 30 years and came to the Heritage Center when she retired from the hospital at age 55. She married at 29 and she and her husband have one daughter, Molly, who is currently in nursing school. They are very proud of her.

In addition to her scheduled volunteer service at the Center, Lisa is very active in our Pickleball program, yoga, and balance classes. The University of Utah's Health, Kinesiology, and Recreation Department are at the Heritage Center 34 weeks a year and during the "off" weeks, Lisa facilitates and supports those seniors that participate in the Balance Class. This extra support keeps seniors coming to exercise, stay healthy, and build confidence. Lisa is also the lead volunteer for the Pickleball program.

Lisa fell in love with the Pickleball program when it first began here at the Heritage Center and she volunteers when needed to help others enjoy the simple game of hitting a plastic ball with a wooden racket. Lisa feels it's a great way to exercise as well as socialize with others.

Lisa will be honored on **Wednesday, December 13 at 11:45** in the dining room.



Storytelling Christmas Time

On **Friday, December 15 at 10:30**, Cassey Ashton will share some Christmas stories. She will expound upon the yuletide theme to spice up your holiday season. There should be time for others to share their favorite Christmas memory. A light snack will be available afterwards. **This is a free class. Register now.**



Christmas Music

On **Friday, December 22 at 11:00-12:30**, pianist Kevin Scott

Christensen will be performing a wide variety of Christmas music. He will start playing at 11:00 and play through lunch; plan on coming early to lunch that day. He is a very talented pianist and he will do his best to share the holiday season with you. Tell your friends and neighbors to join us that day for lunch and entertainment. *No registration required.*



Watercolors

John Fackrell's watercolor class runs through Monday, November 27 from **9:00-12:00**.

A new six-week class begins on **Monday, January 8** through **Monday, February 26**. Cost is \$33.

Registration begins Wednesday, December 27.

Watercolors: Art History

John and Joan Fackrell's beginning watercolor class runs through Monday, December 4 from **1:00-3:30**.

A new six-week watercolor/art history class begins on **Monday, January 8** through **Monday, February 26**.

Cost is \$33. Registration begins Wednesday, December 27.

John and Joan will review famous artists and the effects of weather—specifically snow—and how to apply snow to your painting. A list of supplies can be found at the Front Desk.

Wednesday Painting

Sandi Olson's painting class runs through Wednesday, January 17 from **9:00-12:00**.

Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

Computer Help

The computer lab has six personal computers running Microsoft Windows 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center, if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk or in the cash box in the computer room).



Individual one-hour computer help is available with:

- Bob on **Tuesdays** at **1:00, 2:00, 3:00** (*no Apple products*)
- Katy on **Thursdays** at **2:00** or **3:00** (*device help*)

Registration and payment of \$3 is needed in advance.

Our instructors are unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop for personalized assistance.

Intermediate Genealogy

A new 5-week Intermediate Genealogy class will be offered on **Wednesdays** at **12:30-1:30** beginning on **Wednesday, November 15** and going until **Wednesday, December 13**.

Class is limited to six participants. **This is a free class.** Register now.



Crafting with Susan

Please join us on **Tuesday, December 12** at **2:00**, when we will make a cute mitten door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now.



You will be able to finish the project and take it home the day of the class. This class is the **second Tuesday** of each month.

AARP Smart Driving Class

The next AARP Smart Driving Class will be held **Tuesday, December 19** from **9:30-2:30**. Register now. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license.

Check with your auto insurance company about a possible insurance discount for attending this class.

This class is usually the **fourth Tuesday** each month.

Vital Aging

On **Tuesday, December 12** at **10:30**, we will present a new wellness class called **Benefits of Mindfulness Meditation Practice**.

What is Mindfulness Meditation? Mindfulness is paying attention in a non-judgmental way to the present moments we often ignore. Learn how to practice mindfulness as a way to reduce stress and promote wellness in your life. You may already practice meditation or simply want to create, expand, or reinforce insight. If you are ready to listen to your own voice and breath and use your wisdom and vitality mark your calendar. **This is a free class.** Register now.

Rhonda C Busch, CMHC, coordinator for Vital Aging Project at Valley Behavioral Health, will be the new facilitator for our Vital Aging classes.

Rhonda from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.



Haircuts



The Center offers haircuts for men and women on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the front desk. The barber is Jocelyn Anderson.

Appointments are every 15 minutes, starting at 9:00. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

We would like to welcome Joanne Payne, a Nationally Certified and Utah State Licensed massage therapist, to the Heritage Center.

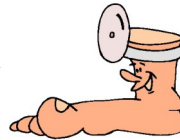


Joanne will provide massages on **Thursdays** from **11:45-3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling.

Joanne specializes in pain relief, improved performance, and movement reeducation.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, December 21** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$11** and payment is required at time of scheduling. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered **every other month**.



The next scheduled toenail clipping will be **Thursday, February 22**.

2018 New Cooking Classes will Begin

Join our chef, Scott, and learn the fun facts and history of ingredients as we cook our meals. Beginning on **Tuesday, January 9**, classes will be held every **Tuesday and Thursday at 3:00-4:00**. Take dinner and the recipe home!



Examples of weekly themes are "Diabetes", "On a Budget", "Alzheimer's", "Low Calorie", or "Smoking Meats."

Each class is **\$10** person. Register now. Classes are limited to 5 people.

Christmas Trivia

1. What popular holiday song was written during the Cuban missile crisis and was a plea for peace?
2. What US state holds the Guinness record for largest snowman?
3. What political cartoonist is largely responsible for defining what the modern Santa Claus looks like?

See Tricia about the answers

Attorney Consultation

An attorney is available for a **20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, December 12** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. **This is a free service.**

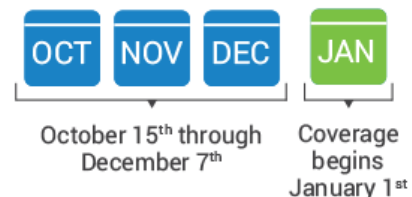
Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, December 19** at **12:00-2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. **This is a free service.**

Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Open Enrollment for Medicare



Heritage Center



We are here to serve you

Monday — Friday

8:00am - 4:30pm

Thursday

8:00am - 9:30pm

Saturday/Sunday

Closed

#10 East 6150 South

(West of State Street)


801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

Newsletter Page 6 and 7

| Monday | | | Tuesday | | |
|--------------------------------|--------------------------------------|----|---------|--------------------------------|----|
| | | | | | |
| 9:00 | NIA | 4 | 8:30 | Ceramics | 5 |
| 10:15 | Pickleball | | 9:00 | Stretch & Tone | |
| 10:30 | Meditation | | 9:30 | Line Dancing | |
| 11:00 | Bridge Lessons | | 10:30 | Tai Chi | |
| 12:30 | Balance Class | | 10:30 | Ukrainian Eggs | |
| 12:30 | Personal Training | | 11:00 | Canasta | |
| 1:00 | Beginning Watercolors | | 11:30 | Lunch | |
| 1:00 | Movie: Chronicles of Narnia | | 12:45 | Crafts | |
| 2:00 | Strength Conditioning | | 1:00 | NO Computer Help | |
| | | | 2:00 | Beginning Line Dancing | |
| 9:00 | NIA | 11 | 8:30 | Ceramics | 12 |
| 10:15 | Pickleball | | 9:00 | Stretch & Tone | |
| 11:00 | Bridge Lessons | | 9:30 | Line Dancing | |
| 12:30 | Balance Class | | 10:30 | Tai Chi / Vital Aging | |
| 1:00 | Movie: Rise of the Guardians | | 11:00 | Winter Brunch Café | |
| 2:00 | Strength Conditioning | | 11:00 | Canasta | |
| | | | 12:45 | Crafts | |
| | | | 1:00 | Computer Help | |
| | | | 1:30 | Attorney Consultation | |
| | | | 2:00 | Beginning Line Dancing | |
| | | | 2:00 | Crafting with Susan | |
| | | | 4:00 | Festival of Lights Trip | |
| 9:00 | NIA | 18 | 8:30 | Ceramics | 19 |
| 10:15 | Pickleball | | 9:00 | Stretch & Tone | |
| 11:00 | Bridge Lessons | | 9:30 | Line Dancing | |
| 12:30 | Balance Class | | 9:30 | AARP Driving Safety | |
| 1:00 | Movie: Miracle on 34th Street | | 10:30 | Tai Chi | |
| 2:00 | Strength Conditioning | | 11:00 | Canasta | |
| | | | 11:30 | Lunch | |
| | | | 12:00 | Medicare Counseling | |
| | | | 12:45 | Crafts | |
| | | | 1:00 | Computer Help | |
| | | | 2:00 | Beginning Line Dancing | |
| <p>CENTER IS CLOSED</p> | | | 8:30 | NO Ceramics | 26 |
| | | | 9:00 | Stretch & Tone | |
| | | | 9:30 | NO Line Dancing | |
| | | | 10:30 | Tai Chi | |
| | | | 11:00 | Canasta | |
| | | | 11:30 | Lunch | |
| | | | 12:45 | Crafts | |
| | | | 1:00 | Computer Help | |
| | | | 2:00 | Beginning Line Dancing | |

| Wednesday | | | Thursday | | | Friday | | |
|---|----|--|---|----|--|---|----|--|
| | | | | | | 10:00 Holiday Boutique 10:00 Yoga 11:00 Holiday Buffet 12:30 Balance Class 12:30 Personal Training 1:00 Bridge  <i>No Zumba, Chair Aerobics, or Bingo today</i> | 1 | |
| 9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Birthday Wed. Lunch 12:30 Genealogy Class 12:45 Bingo 1:00 Bridge | 6 | | 8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 11:45 Massage 12:45 Happy Hatters 2:00 Computer Help / Strength 3:00 Readers Theater 4:00 Festival of Lights Trip 7:00 Dance | 7 | | 9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo / Afghan Raffle 1:00 Bridge | 8 | |
| 9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 11:45 Volunteer of the Month 12:30 Genealogy Class 12:45 Bingo 1:00 Bridge | 13 | | 8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 4:00 Festival of Lights Trip 6:00 Dinner Dance 7:00 Dance | 14 | | 9:00 Zumba 10:00 Yoga 10:30 Christmas Storytelling 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge | 15 | |
| 9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge | 20 | | 8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 Toenail Clipping 10:30 Tai Chi / 11:30 Lunch 12:15 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Reader's Theater 4:30 Provo River Cruise 7:00 Dance | 21 | | 9:00 Zumba 10:00 Yoga 11:00 Christmas Music 11:15 NO Chair Aerobics 11:30 Lunch 12:30 Quilt Raffle/Ugly Sweaters 12:30 Balance Class 12:45 Bingo 1:00 Bridge | 22 | |
| 9:00 Painting 9:00 NO Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge | 27 | | 8:00 Pickleball Instruction 8:30 NO Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 11:45 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Dance | 28 | | 9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge | 29 | |

Pool Hall

Pool tables and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the pool hall at the east end of the building.

Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.



Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.



Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid on tournament day.

Monday Movies

Join us on **Mondays** at **1:00** for a **free** movie and popcorn!



December 4
Chronicles of Narnia
2005 / 145 min
High Fantasy



December 11
Rise of the Guardians
2012 / 97 min
Animated Fantasy



December 18
Miracle on 34th Street
1947 / 96 min
Comedy Drama

Line Dancing



Enjoy some great exercise, stimulate your brain, and meet friends.

Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Winter Brunch Café

We will be offering our Brunch Café on **Tuesday, December 12** from **11:00-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

Please come and enjoy! The brunch is in lieu of lunch so be sure to come early!

Birthday Wednesday



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade!

Game Day

Game Day is back at the Center! Come join us on the last **Thursday** of each month and have fun playing games like Mexican Train, Rumikub, Dominos and other board games. We also have Wii games for you to play. The first Game Day will be **Thursday, December 28** at **1:00**. Join us in the West Conference Room for some fun and socializing.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday and Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass**. Ask at the front desk for details.



Exercise Help

The U of U Exercise and Sports Students will be at the Center every **Monday and Friday at 12:30-2:00**. *These two classes are included with the Exercise Room Fee.*

The students teach a **balance class** that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one **personal training**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneakers or Silver & Fit benefit

Chakra Meditation

Barbara Battison will present in-depth information about how Chakras and meditation work.



You will learn different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your Chakras balanced.

A new eight-week course will begin **Monday, January 8** and runs through **Monday, March 12** from **10:30-12:00**. The cost for the eight-week course is **\$20** or **\$3 per class**.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.

Play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room or on the outdoor courts—weather permitting.

If you are new to the sport, **instructional play** takes place every **Thursday from 8:00-9:00**.



Cover
your
cough.



If you're
sick, avoid
public
gatherings.



Wash
your
hands.



Avoid
touching
your eyes,
nose or
mouth.

Thursday Evenings: Heritage Center is Open Until 9:30 PM

The Heritage Center is open until **9:30 pm** on **Thursday evenings**. Enjoy the computer lab, pool hall, exercise room, or dance to the music of Tony Summerhays.



Thursday Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night** from **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, Rescue Alert, Jean Roestenburg, and Tony Summerhays.

Wall of Support

Add a tile to the "Wall of Support" in the Heritage Center courtyard. Purchase a tile with your own personal message. Messages can be 3 lines up to 20 characters per line. The tiles are 4"x 8"x 2½" (**\$125**) or 8"x 8"x 2½" (**\$250**) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime. **Forms are available at the front desk.**

The Wall of Support is an ongoing fundraising campaign for scholarships, projects, and other items needed at the Heritage Center. Donations for tiles are tax deductible. These special tiles are placed on the wall in the courtyard by the flagstone patio.



Readers Theater

The current Readers Theater troupe meets on Thursdays at 3:00 and are busy practicing for a play in January.

There will be no meetings January 11-25.

If you are interested in participating, the Heritage Center's Readers Theater troupe will start meeting again on Thursday, February 1.

Gingerbread House Contest

The 3rd Annual Memorial Gingerbread House contest theme is "**Frosty the Snowman**." You will be judged on the creativity of the house and yard, so start the snowflakes swirling in your imagination to bring to life your Gingerbread House design. *Register now at the front desk if you would like to receive a Gingerbread House Kit.* Kits will be available **Friday, November 3** and return the decorated Gingerbread House to the Center by **Friday, December 1**.

The decorated Gingerbread Houses will be judged by popular vote at Murray Memorial Mortuary's Annual Remembrance Event on Monday, December 4. The awards and Gingerbread houses will be returned to the Center on Wednesday, December 6. Winners will receive: \$50 cash card for first place, \$25 cash card for second place, and \$10 cash card for third place.



Dinner Dance

Have you ever wanted to come to our Thursday Evening Dance? Our Christmas Dinner Dance is a great opportunity to enjoy a delicious dinner and then dance to the music of Tony Summerhays.

Our Christmas Dinner Dance is **Thursday, December 14**. The cost of the event is **\$10** which includes dinner at 6:00-7:00 and dancing from 7:00-9:30. It's a great opportunity to come and meet your friends, have dinner, and enjoy a great night of dancing. The dinner will include Salmon or Chicken, Rice, Vegetables, and Dessert. Extra door prizes will be raffled at 8:15. Sign up now. The dinner reservations are limited to 100.



If you or your group bring food to the Heritage Center, please remember to take any remaining food with you when you leave the Heritage Center. Thank you for your consideration.



Provo River Christmas Cruise

Come and enjoy a lighted Christmas riverboat ride on the Provo River. The 25-minute roundtrip ride near Utah Lake includes thousands of lights reflecting off the water and holiday scenes along the shore while Christmas music plays during your trip. Please dress warm. Hot chocolate and concessions will be for sale.

The Heritage Center bus will depart on **Thursday, December 21** at **4:30 pm** and travel to Provo for dinner at the Chuck-A-Rama. Cost is **\$20** and includes dinner at the Chuck-A-Rama. Registration begins Wednesday, December 6.

Kingsbury Hall: All the Way Live!

Discover hip-hop elements through an interactive radio that's powered by you! ALL THE WAY LIVE! showcases the four artistic elements of Hip-Hop culture: Emcee, DJ, Break Dance and Graffiti Art, with a fifth element of Knowledge of Self added so that participants learn creativity, respect, understanding, cooperation, effort, and self-care. Using rhythm and rhyme, this show aims to tune participants to the frequency of positive thoughts and feelings.



The Heritage Center bus will leave at **9:00** on **Friday, January 12**. Cost is **\$5**. Registration begins Friday, December 22.

Wendover

Travel to Wendover on **Thursday, January 11** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30** and return at approximately **7:00**.



Next Wendover Trip: **Thursday, March 8.**



Welcome to winter! I have already started my countdown to spring. With winter comes colds, flu, and other sicknesses. Please take extra

care of yourselves. The season also brings slips and falls we never anticipate. With all that dreary stuff, I would like to wish everyone a wonderful Holiday Season. I hope your Holidays are filled with lots of family, laughter, and love. The staff here at the Murray Heritage Center wish each and every one of you a very Merry Christmas and a wonderful New Year. Thanks for being part of the Murray Heritage Center Family.



Thanks,
Tricia

Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up space for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver.



The standard tip is **\$1 per person**.

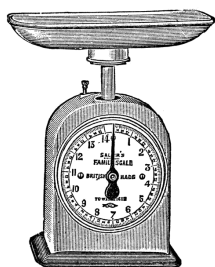
Spanish Fork Festival of Lights

It is time to start marking your calendar for the Heritage Center's Christmas Season by visiting Spanish Fork's Festival of Lights. As this is one of our more popular trips, two dates have been planned—**Thursday, December 7**, **Tuesday, December 12**, and **Thursday, December 14**. Pick the date that is best for you. The bus will depart the Center at **4:00 pm** and travel to Provo for dinner at Chuck-A-Rama. After dinner, you will be treated to a drive through beautiful Canyon View Park at the mouth of Spanish Fork Canyon where we will view thousands of colorful lights and dozens of illuminated structures—several of which are animated. We will return to the Center about 8:00 pm.

Cost for this trip is **\$25** and includes dinner.



MONTHLY LUNCH MENU



December 2017

NO RESERVATIONS NEEDED unless it is a **SPECIAL EVENT**

Lunch is served anytime between 11:30 – 12:30

Make your selection and pay when you are ready to eat

Sandwiches or Salads are available as alternatives

Prices range from **\$2 - \$4**



Monday

Tuesday

Wednesday




Thursday

Friday

HOLIDAY BUFFET



\$8 PER PERSON

| | | | | |
|---|--|--|--|---|
| 4 NO LUNCH | 5 HARVEST CHILI Cornbread No-Bake Cookie | 6 BOURBON CHICKEN THIGH Barley 'n Radicchio Salad, Rice Birthday Cake & Ice Cream  | 7 CHICKEN SAUSAGE PENNE Steamed Veggies Garlic Bread Cinnamon Roll | 8 TOMATO SOUP Grilled Cheese Side Salad Blondie |
| 11 NO LUNCH | 12 WINTER BRUNCH CAFÉ 11:00-12:30  | 13 BACON CHEESEBURGER Shrimp Salad Onion Rings Oatmeal Cookie | 14 FOOT-LONG HOTDOG Chips Potato Salad Ice Cream Sandwich | 15 ALMOND-CRUSTED TILAPIA Roasted Squash 'n Parsnips, Rice Gingersnap Cookie |
| 18 NO LUNCH | 19 POT ROAST Mashed Potatoes With Gravy Spinach Salad Maple Pecan Brownie | 20 PIZZA Breadstick Side Salad Ice Cream Sandwich | 21 SPAGHETTI 'N MEATBALLS Veggies Roll Cookie | 22 CINCINNATI CHILI Cheddar Biscuit Mixed Berry Crepe |
| 25  CENTER CLOSED | 26 BEER BATTERED FISH 'N CHIPS Parmesan Peas 'n Bacon Moon Pie | 27 TURKEY POT PIE Spinach Salad Apple Cobbler | 28 COUNTRY-FRIED STEAK White Cheddar Baked Corn Roasted Potatoes Pecan Pie | 29 CLAM CHOWDER Side Salad Roll Cookie |